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Unwise sympathy which leads to self-pity is a damaging atmosphere with which to surround a developing mind. There are few children who will not shirk tasks which demand the full extent of their mental powers, unless encouraged to put up a good fight for success. As judicious exercise is necessary for physical growth, so definite mental efforts in steady progression are needed for mental development. In other words, the child who coaxes to be excused from learning his lessons, who will not concentrate, or try to solve a difficult problem in arithmetic, is losing more than his good marks for the day. He is stopping the growth of his mental powers. Too easily secured sympathy is destructive of moral fibre as well, even in such simple accidents as physical hurts and bruises. The ability to take necessary knocks smilingly, to endure pain courageously, if learned early in life brings poise and self-control in later crises.

A source of much unnecessary distress to both mothers and children is the indulgence of whims regarding food. From earliest years, so soon as general diet is permissible, no refusal to eat any article of suitable food should be tolerated. Infinite discomfort for the individual and the family results when petty dislikes of this and that article of diet must be recognized. Physical health often suffers when these unfounded aversions, unchecked in childhood, have formed a definite neurasthenic habit. Conformity to general standards in small things reduces friction, and tends to render easier the necessary adjustments of adult life.

*(To be continued)*

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#### WHO'S WHO IN THE NURSING WORLD

##### V. Lucy Lincoln Drown

**BIRTHPLACE:** Providence, R. I. **PRELIMINARY EDUCATION:** Private schools and the Salem, Massachusetts, State Normal School. **OCCUPATION BEFORE ENTERING A TRAINING SCHOOL:** Taught for nearly twelve years. **GRADUATE OF:** Boston City Hospital Training School for Nurses, 1883 (?). **POSITIONS HELD:** Assistant superintendent Boston City Hospital School, two years; in 1885, succeeded Miss Richards as matron of the City Hospital and superintendent of the training school, a position held for twenty-five years. Since 1910, has lived in retirement with her sister at Lakeport, N. H. **OFFICES HELD:** First treasurer of the Superintendents' Society (now the National League of Nursing Education); first president of the Boston City Hospital Alumnae Association.